FIG. 1.

FIG. 2.

~200

Skatesmart | Home Page - Microsoft Internet Explorer

SKATE SMART
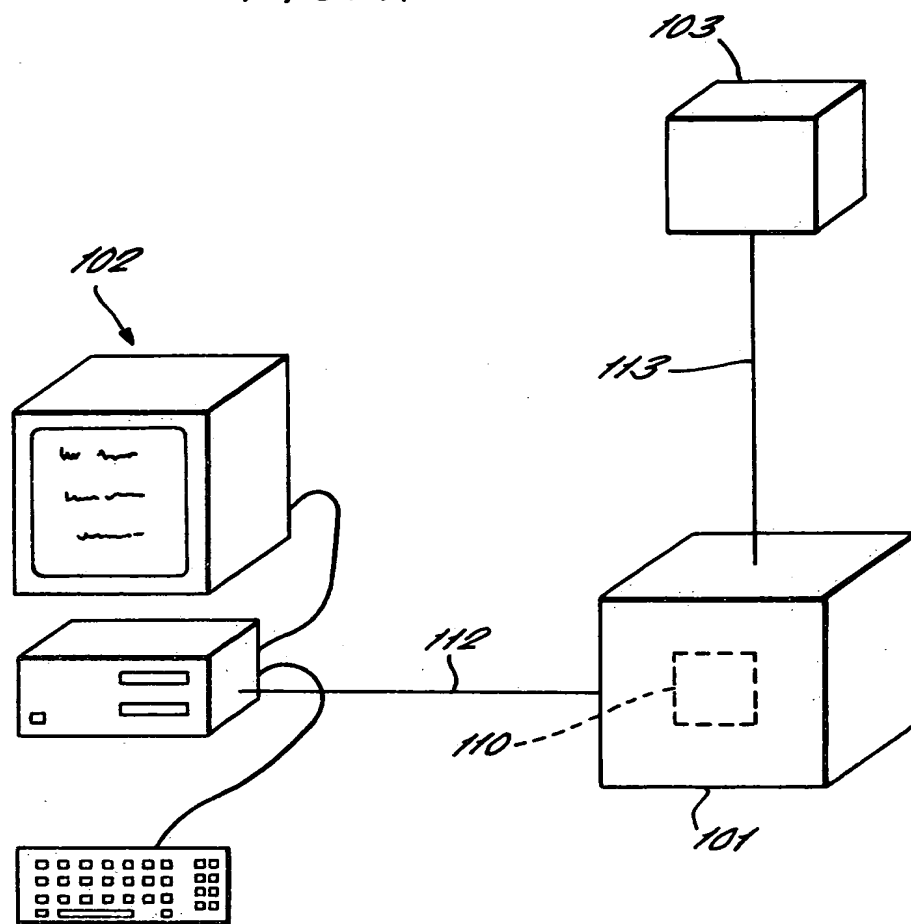click logo to return

You are logged in as athlete | Joe Keen   log out

Welcome to Skatesmart PTS™
Your optimal route to skating success

Skatesmart™ will assist and encourage you to excel as a skater, fulfilling your maximum potential. By analysing the training information you enter Skatesmart™ will generate unique optimal training advice. With regular use Skatesmart™ will develop a comprehensive 'profile' of you as a skater and generate higher levels of training proposals accordingly. Skatesmart™ covers all the core disciplines of an ice-skating athlete such as nutrition, fitness, psychology and injury. The 'users guide' is accessible in the bottom left of the screen, and any 'key area' updates required are shown below. Let Skatesmart™ give you the advantage of science, and enhance your skating success.

Nutrition
You need to update your diet.
Completed Days In Last Week: 0

nutrition status >
set your diet >

Competitions
You have 2 competitions approaching

view competitions >
add competition >

Fitness
You have not yet completed a fitness test

training status >
assess fitness >

On Ice
Your on-ice training results are up to date

on-ice status >
view schedule >

Goal Setting
Your goal setting is up to date

goal setting >

Injury
You have no current injuries

assess injury >

Updates
You need to update your height and weight

update >

? click here for help

201   202   203   204   205   206   207

PTS
Personal Training Software

FIG. 3.

— 300

Skatesmart - Microsoft Internet Explorer

club dude area

change your profile

legal

You are logged in as coach | coach coach   [Log out]

Fitness Status Assessment   **Athlete: Joe Keen**

The table below shows the number of days until an athlete needs to update their fitness assessment data.

Test	Test Area	Update Due
Pushups	Core Stability	8 days
Situps	Core Stability	8 days
Vertical Jump	Strength	7 days
Long Jump	Strength	7 days
Sit and Reach	Flexibility	Now
1 Mile Run	Cardiovascular	33 days
Shuttles	Cardiovascular	36 days

To view your athlete's progress graphically please click below:

[View Progress Graphs]

[View Fitness Profile]

[Return To Athlete Details]

PTS
Personal Training Software

301

FIG. 4.

400

SKATE SMART

click logo
to return

You are logged in as athlete | Joe Keen   Log Out

Fitness Status Assessment

The diagram shows your percentage
rating for the most recent tests you
have completed. Higher percentages

Pushups

Shuttles

100
90
80
70
60
50
40
30
20
10

Mile Run

Sit and Reach

Situps

Vertical Jump

Long Jump

Colors represent the
following ratings:

Excellent

Good

Average

Poor

Return

PTS
Personal Training
Software

401

FIG.5.

SKATE SMART

Skatesmart | Goal setting - Microsoft Internet Explorer

Goal Setting

Details

Here are the details of your goal settings. If you want to print a copy, click on the 'view printable report' button. Click 'done' when you have finished.

You are logged in as athlete | Joe Keen   Log Out

Your cream goals
- I want to complete my 4:00 program
- I want to win the regional competition

Your long-term goal
Win the Midwest regional competition

Your factors

Technical factors
- Clean edges (rating = 3)
- High jumps (rating = 4)
- Centered spins (rating = 5)

Mental factors
- Maintaining concentration throughout the routine (rating = 0)

Your outcome goals
No 3 Month Goals
6 Month Goals
- To win a gold medal
12 Month Goals
- wef

Your strengths and weaknesses
Weaknesses
Cardio-vascular (heart and lungs)
- Specific goal: cqcqwc
- Plan of action: qwcwqc
Flexibility
- Specific goal: cqwcqwc

View Performance Profile Graph

Done

View Printable Report

PTSX
Personal Training
Software

500

501

502

503

504

505

506

510

FIG 6.

600

601

SKATE SMART

Goal setting

Outcome goals

You are logged in as athlete : Joe Keen   Log out

Choose a time period to work with from the right.

Outcome goals set a target based on the result or outcome of a
performance in relation to others, e.g.

- to finish in the top ten in the rankings.
- to reach the semi finals of a tournament.
- to win an event.
- to beat a certain competitor. This type of goal is the one that
  most athletes set for themselves and is probably the type most
  often set by coaches.
- One of the important features of an outcome goal is that it is
  very easy to measure and subsequently decide whether you
  have been successful in achieving the goal.
- The problem with outcome goals is that they are sometimes not
  achieved and this can cause a decrease in self-confidence.
- Main strength: Setting outcome based goals provide a good
  source of motivation in both training and competition.

3 months

3 months

Please select an event from the drop-down box.

▶

Type at least one outcome goal. You may enter up to 3
goals within each time period.

1

2

3

Cancel

Save

PTS
Personal Training
Software

FIG. 7.

700

Goal setting

Performance profiling | graph

The diagram represents your
view of your performance on
the most relevant factors
as chosen by you. If you have
been honest with yourself, then
the diagram should help you to
prioritize your effort.

You are logged in as athlete | Joe Keen

Log Out

Key
Poor
OK
Good
Very good

Clean edges

High jumps

Centered spins

Maintaining concentration throughout the

triple toe

Coping with mistakes

Coping with the pressure

double flips

Core Stability

Flexibility

Cardiovascular (heart and lungs)

Jumping power (lower body)

OK

701

PTS X
Personal Training
Software

FIG.8.

Skatesmart | Completed Goals - Microsoft Internet Explorer

800

805

Click logo
to return

You are logged in as athlete | Joe Keen   Logout

Set Completed Goals

Once you have completed a goal, you should indicate that it has been completed. A list of your incomplete goals are on the left. Select the goals you have completed and click on the 'move to completed' button. You can check or uncheck which type of goals you want to see.

Please indicate which goals have been completed and which have not.

Display ☑Expired goals ☑Dream goals ☑Outcome goals
         ☐Other goals   ☑Long-term goals ☑Process goals

Incomplete goals   Description of selected goal   Completed goals

Done

801   803   802

FIG. 9.

SKATE SMART
click logo
to return

— 900

Goal history

Here you can view the goals you have set in the past. Start by selecting a session date, then choose a goal type and then the review date (or factor for the process goals).

You are logged in as athlete | Joe Keen   Log out

Select session date

01-Dec-2003 ▼

Select goal type

Dream goals
Outcome goals
Performance profile
Process goals

Select date

18-Dec-2003
12-Dec-2003

— 901

— 903

Details

Long-term goals

longterm (completed)

— 902

Back to goal settings.

PTS
Personal Training
Software

FIG. 10.

_1000_

You are logged in as athlete | Joe Keen   Log out

Activity Assessment

Use the activity assessment to estimate the daily energy requirements over a 7 day period. You need to enter information for at least 5 days. Try to fill each day's activity as much as possible (e.g. make sure that you include sleep time). Once completed, you can use the "set your diet" link to check your dietary requirements.

Day	Date		
Tuesday	01/06/2004	View / Edit	☑
Monday	01/05/2004	View / Edit	☑
Sunday	01/04/2004	View / Edit	☐
Saturday	01/03/2004	View / Edit	☑
Friday	01/02/2004	View / Edit	☑
Thursday	01/01/2004	View / Edit	☑
Wednesday	12/31/2003	View / Edit	☐

Assess Your Performance

_1001_   _1002_   _1003_

PTS
Personal Training
Software

FIG. 11.

1100

Skatesmart | Activity Assessment - Microsoft Internet Explorer

SKATE SMART

You are logged in as athlete | Joe Keen   Log Out

Date   Tuesday, 1/8/2004

Time   [Full list ▶]

Activity type   Walking

Activity description Walking the dog ▶

Duration   1 hour ▶

                              Add to List   Save and Return to Week

1103 1101

The activities you have entered for this day are shown in the list below:

Activity	Time	Duration	Energy		
Walking the dog	10 am	1 hour	224 kCal	Edit	Remove
Baseball	4 pm	1 hour	449 kCal	Edit	Remove
				Edit	Remove
				Edit	Remove
				Edit	Remove
				Edit	Remove
				Edit	Remove

Estimate of energy used during the rest of the day: 2138 kCal

Total energy expenditure for this day (calories):   2811 kCal

1104

PTS
Personal Training Software

FIG. 12.

1200

SKATE SMART

You are logged in as athlete | Joe Keen

Log out

Activity Assessment Overview

Assessment For Dates: 12/31/2003 - 01/06/2004

Number of Completed Assessment Days: 5

Your Average Daily Times:

Sleeping	None
Skating	None
Fitness	12 minutes

1204

Your Average Daily Energy Expenditure:

3530 Calories

The above figure tells you the number of calories you have expended and has been calculated from all the activities you have entered in the **Activity Assessment** section for the above dates.

View details

Return to week view.

1203

1201

PTS
Personal Training
Software

FIG. 13.

1300

You are logged in as athlete | Joe Keen   LOG OUT

Activity Assessment Details

Assessment For Dates: 12/31/2003 - 01/06/2004
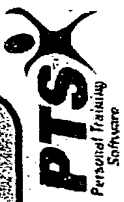
Number of Completed Assessment Days: 5

The following percentage scores represent the relative amount of work you have done in each area. The recommended percentage distribution for an ice skater is shown in the target score column.

Training Area	Your Percentage	Target Percentage	Training Area	Your Percentage	Target Percentage
Flexibility	0%	10%	Core stability	0%	25%
Cardio-vascular	0%	15%	Lower body strength	0%	35%
Local muscular endurance	0%	10%	Upper body strength	0%	5%

View overview   Return to week view

PTSX
Personal Training
Software

1301

FIG. 14.

Skatesmart | Set Your Diet - Microsoft Internet Explorer

1400

1402

You are logged in as athlete | Joe Keen   Log Out

Set Your Diet

Day	Date	
Today	Jan 6, 2004	View/Edit ✓
Yesterday	Jan 5, 2004	View/Edit ✓
Sunday	Jan 4, 2004	View/Edit ✓
Saturday	Jan 3, 2004	View/Edit ✓
Friday	Jan 2, 2004	View/Edit ✓
Thursday	Jan 1, 2004	View/Edit ☐
Wednesday	Dec. 31, 2003	View/Edit ☐

To assess your diet the system needs to know what you have eaten for at least 5 days in the last week. To do this click on the "View/Edit" button for each day. The checkbox next the "View/Edit" button indicates whether you have entered foods for that day. To assess your diet click on the "Assess my diet" button.

1401

Click the button to assess your diet.

Assess my diet.

1403

PTS
Personal Training
Software

FIG. 15.

1500

Enter Your Diet

Breakfast | Lunch | Dinner | Snacks

You are logged in as athlete | Joe Keen   Log Out

Tuesday, Jan 6, 2004   Return to Week

Remove

Clear All Menus

Fluids

0   cups

1 glass = 7 1/8 fl. oz.   Add

click logo
to return

Browse for Foods   Search for Foods   Favorites   Most Common   My Foods

Select a Food Type

bread & cereals   fast foods   dairy   drinks   fats, oils & sugars   fruit & veg   protein

Select a Group

Select an Item   Add All Menus   Qty

Select a Portion   Add to Favourites   1 portion

1501   1502   1503

PTS
Personal Training
Software

FIG. 16.

— 1600

SKATE SMART

click logo
to return

You are logged in as athlete | Joe Keen

Log out

Overview   Detailed   Return To Week

Your Nutritional Assessment Details

Your Total Energy
Requirement is:

1794 Calories

The above figure tells you the
amount of calories that you *should*
be consuming, and has been
calculated from all the activities you
have entered in the 'Activity
Assessment' section.

— 1601

Your calories from your current diet are:

Protein	448	OK
Carbohydrates	515	too low
Unsaturated Fat	231	too high
Saturated Fat	57	OK
Total Calories	1251	too low

All values are in Calories

— 1602

The table shows you an
overview of your diet.
The energy from your
diet is broken down by
main nutrients. The color
coding indicates the
status for each nutrient.
To see a breakdown of
the nutrients consumed
in your diet click on the
"Detailed" tab.

FIG. 17.

1700 *1704* *1701* *1701a* *1701b*

SKATE SMART
click logo to return

You are logged in as athlete | Joe Keen   Log out

Your Nutritional Assessment Details

Overview   Detailed   Return To Week

Protein

Your current intake of protein fats of 3 7/8oz per day is good.

3 1/8oz / 3 1/2oz
actual   target

Carbohydrates

Your current intake of carbohydrates of 4 7/18oz per day is far too little. You should increase your carbohydrates intake by 9 3/4oz to reach your target

4 7/16oz / 14 3/16oz
actual   target

Fat

Your current intake of combined unsaturated and saturated fats of 1 1/8oz per day is far too little. Ideally your combined fat levels should be 1 11/16oz. You should increase your unsaturated fats intake by 3/4oz to reach your target level

7/8oz / 1 11/16oz
actual   target
unsaturated

1/4oz / 0oz
actual   target
saturated

Fluids

Your current intake of fluids of 20 1/8 fl.oz per day is far too little. You should increase your fluids intake by 115 1/8 fl.oz to reach your target level of 135 1/4 fl.oz.

20 1/8 oz / 135 1/4 oz
actual   target

Fruit & Veg

You do not have enough fruit and vegetables in your diet. Your current fruit intake is: 2.1 portions per day. For recommendation see Knowledge.

2.1 portions / 50 portions
actual   target

Each nutrient ie: Protein, Fats, Fluids has a bar chart showing you how much of that nutrient you are currently eating in your diet and how much of it you should have in your

1705 *1702* *1703* *1703a* *1703b*

FIG. 18.

Skatesmart | Training schedule - Microsoft Internet Explorer

SKATE SMART
click logo to return

You are logged in as athlete | Joe Keen   Log out

Training Schedule

Choose the days on which you wish to train for skating and fitness for the next week, and the system will try to optimise your training and diet.

Day	Morning		Afternoon	
---	Skating	Fitness	Skating	Fitness
Tomorrow	☑	☐	☐	☐
Thu Jan 8	☐	☐	☐	☐
Fri Jan 9	☐	☐	☑	☐
Sat Jan 10	☐	☐	☐	☐
Sun Jan 11	☑	☐	☐	☐
Mon Jan 12	☐	☐	☐	☐
Tue Jan 13	☐	☐	☑	☐

View saved schedule   Create training schedule

WARNING:

Only do this if your schedule is empty

Generating a new schedule will currently overwrite any activities already set for the next 7 days (starting with tomorrow) with an automatically generated version.

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Personal Training Software

1800
1801
1802
1803

FIG. 19.

SKATE SMART

click logo to return

Skatesmart | View Athlete Schedule - Microsoft Internet Explorer

1900

club dude area

change your profile

legal

You are logged in as coach | coach coach

Log out

Training and Diet Schedule

Athlete: Joe Keen

Your athlete's training and diet schedule for the next week is below. Click on events to modify them, or click and drag in free space to mark out a time slot to add an activity.

	A.M.												PM											
	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Thu 8th Jan																								
Fri 9th Jan																								
Sat 10th Jan																								
Sun 11th Jan													7:45am-8:45m											
Mon 12th Jan																								
Tue 13th Jan																								
Wed 14th Jan																								

Details

Please use the buttons to the left to change the event time

1902

Start Time: 7:45am
-15 mins +15 mins

End Time: 8:45am
-15 mins +15 mins

Apply

1901

1903

FIG. 20.

2000

Injury assessment

Add Injury to Profile

You are logged in as athlete | Joe Keen   Logout

Please select an area of the body to add your injury   >>

Front

View the Back

<< Back

2002

2001

PTS
Personal Training
Software

FIG. 21.

2100

SKATE SMART
click logo
to return

Injury assessment

You are logged in as athlete | Joe Keen   Logout

Head and Trunk - Front

Part of Body   ribs   Side of body   n/a

Please select an
area of the body to
add your injury >>

Injuries   external oblique strain

Description   No description found.

Date of injury   January   6   2004

Injury status now   none

View Body

2101

2102

2103

PTS
Personal Training
Software

Save

skating_level x
skating_level_id *
level_description

2225

2205

user_height_weight x
user_id
date_set
height
weight

2204

coach x
coach_id *
user_id
pin_number

2202

login x
username
password
user_id *
last_login

2228

activity_phys_target x
activity_id *
cv
core
u_strength
l_strength
flexibility
lme

user x
user_id *
first_name
last_name
DOB
gender
email_add...
address1
address2
city
state
country
parent_us...
type_id
zipcode
nick_name

2201

FIG. 22a.

activity x
activity_id *
group_id
met
descriptor
time_mode

2227

FIG.22b.

user_skating_levels X   —2224
- user_id *
- skating_level_id

payment_transactions X   —2206
- trans_id *
- user_id
- payment_period
- transaction_verifier

account_details X   —2207
- user_id *
- account_status_id
- activation_date
- expiration_date

2208 — next_update X
- core_stability
- strength
- growth
- mood_profile
- goal_setting
- user_id *
- height_weight

2210
psych_goal X
- psych_goal_id *
- goal_session_id
- goal_type
- last_updated
- goal_validity
- goal_text
- completed_status
- outcome_event_id

2212
psych_process X
- psych_process_id *
- psych_perf_id
- type
- specific_goal
- action_plan
- last_updated
- review_period
- completed_status

2203
coaches_athletes X
- coach_user_id *
- athlete_user_id *

2211
psych_perf X
- psych_perf_id *
- goal_session_id
- factor_type
- factor_text
- last_updated
- self_rating
- coach_rating
- coach_update_date

2209
psych_goal_session X
- goal_session_id *
- user_id
- creation_date
- coach_can_view

2214
event X
- event_id *
- event_name
- event_start_date
- event_end_date
- region
- host
- country
- user_id
- type

2213
user_competitions X
- user_id *
- competition_id *

activity_assessment x
duration
activity_id
date
activity_groups_id
start_time
user_id

2226

2229

activity_analysis X
user_id
date
energy_expenditure
cv
core
u_strength
l_strength
flexibility
lme

FIG. 22c.

2222

schedule x
schedule_id *
user_id
date
start_time
end_time
action
idle_time
action_type
coach_last_read
coach_last_write
athlete_last_read
athlete_last_wr...
energy

2220

injury_status x
injury_status_id *
injury_id
injury_status_date
injury_rating

FIG. 22.

FIG. 22a.	FIG. 22b.
FIG. 22c.	FIG. 22d.

FIG. 22d.

2218 — custom_food_item [x]
- user_id *
- custom_food_id *
- name
- description
- energy
- portion_size
- portion_size_metric
- portion_string
- protein
- sugar
- saturated_fat
- unsaturated_fat
- cho
- alcohol
- calcium
- lactose
- food_category
- portion_uom

2215 — analysis [x]
- analysis_id *
- user_id
- area
- last_updated
- overview
- detail
- rating
- status

2221 — injury_kb [x]
- injury_kb_id *
- skater_type
- gender
- age
- location
- joint
- injury_type
- injury_ranking
- risk_category
- injury_name
- layman_text
- practitioner
- advice
- report_text
- injury_symptom...

injury [x]
- injury_id *
- user_id
- injury_kb_id
- injury_side
- injury_count

2219

2217 — food_type [x]
- food_type_id *
- food_type_name
- food_type_desc

fitness_assessment_score [x]
- fitness_assessment_score_id *
- user_id
- edu_know_base_id
- test_score
- percent_rating
- last_update
- latest

2230

2231 — fitness_assessment_multistage_values [x]
- fit_assess_multi_val_id *
- multistage_level
- multistage_shuttle
- vo2_max

2216 — diet [x]
- meal *
- NDB_NO *
- seq
- portion_size
- no_of_portions
- portion_string
- date_entered *
- user_id *
- food_type_id

2223 — aschedule_session [x]
- aschedule_session_id *
- session_date
- am_ice
- pm_ice
- am_fitness
- pm_fitness
- user_id

2232 — fitness_assessment_target_values [x]
- target_values_id *
- element
- gender
- age
- score

FIG. 23.